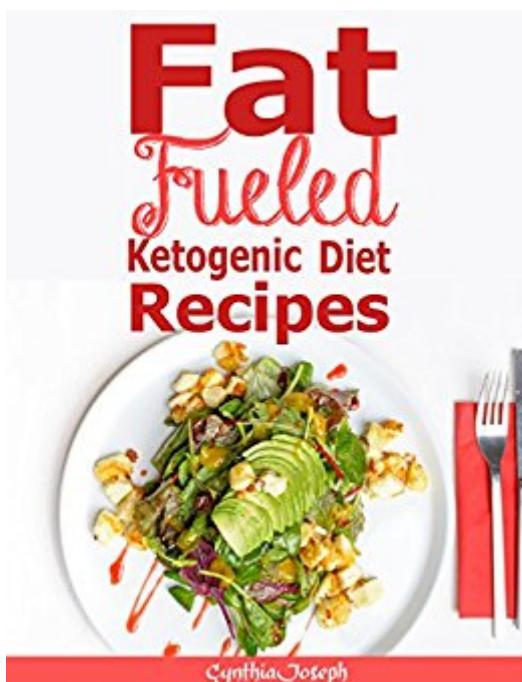


The book was found

Fat For Fuel Diet Recipes: 10 Days Ketogenic Meal Plan To Help You Combat Cancer, Boost Brain Power, And In-crease Your Energy! Using Low Carb, Sugar Free Ketogenic Diet!



Synopsis

90% of the energy comes from fat in the body and in the blood fat while the rest of the sugar in the form of glycogen. You need salt! Eat no processed food. Low carb, high fat, good fats, moderate protein. Endeavor to drink salt water using pink Himalayan salt. We need salt to survive, keep your electrolytes up, or you die or feel like you want to lol. Food manufacturing has been lying to all of us to sell products. Sugar industry blaming fat for making us obese, all along it's sugar that is the poison. Then they come along and blame salt for bad health. It's not salt, it's the kind of salt and amount in processed food. I hate to call it food. Discover how to Eat real food , with this Delicious Ketogenic Diet Recipes, You'll be surprised how Easy it is to make your own meals, it will only takes few minutes to do so. This book also contains ten days working Ketogenic meal-plan along with the grocery list for the ketogenic diet to help you Boost Brain Power, Combat Cancer and Increase Your Energy.Order your Copy Now to Get Started

Book Information

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Customer Reviews

I thought this book was associated with the Fat for Fuel book by Mercola. The author mentions his

name only one time in the book. I do not think he has anything to do with this book's contents. I was very disappointed.

Many recipes lacked nutritional information and when provided the nutrients listed were inconsistent in units and spectrum. Lazy writer did not do analysis on each recipe

Excellent thank you

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Fat For Fuel Diet Recipes: 10 Days Ketogenic Meal Plan to help you Combat Cancer, Boost Brain Power, and Increase Your Energy! Using Low carb, Sugar Free Ketogenic Diet! Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet) Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) Sugar Detox: Beat Sugar Cravings Naturally in 14 Days! Lose Up to 15 Pounds in 14 Days! Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... diet, sugar free diet, low sugar diet,) Low Carb: The Ultimate Beginner's Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipes, Low Carb Cookbook) Low Carb: Low Carb High Fat Diet - How to Lose 7 Pounds in 7 Days with Low Carb and High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet) Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) My Grain & Brain Gluten-free Slow Cooker Cookbook: 101 Gluten-free Slow Cooker Recipes to Boost Brain Power & Lose Belly Fat - A Grain-free, Low Sugar, Low Carb and Wheat-Free Slow Cooker Cookbook The Ketogenic Diet

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